

## Post Shorts

### Recycling schedule



The residential and recycling pickup schedule for Oct. 25 is paper. Put items in paper bags, boxes or bundles and place them on the curb.

### 'Blasting Thunder' returns to APG this Saturday

The Ordnance Mechanical Maintenance School, Warrior Brotherhood Veterans Motorcycle Club and the Maryland Motorcycle Club will hold an Ordnance Corps Blasting Thunder II Support to Our Troops Ride, Oct. 21. The event will start 9:30 a.m. at the Golden Corral, located on 706 S. Philadelphia Boulevard, Aberdeen. The group will leave at 11:30 a.m. and travel to the 143rd Ordnance Battalion parking lot, adjacent to building E-4229, Edgewood South.

For more information, call retired Command Sgt. Maj. Fred Posadas, 410-272-6089 from 7 to 8 p.m., or leave a message.

### Celebrating Halloween on APG

Halloween and the traditional "trick or treat" activities will be celebrated at Aberdeen Proving Ground on Tuesday, Oct. 31, specifically limited to 6 to 8 p.m.

Children under 12 years of age must be accompanied by an adult.

Personnel driving in the housing areas during the "trick or treat" period are cautioned to exercise extreme care, and to be especially watchful for young children who may not be readily visible or attentive to moving vehicles.

It is strongly recommended that children wear reflective markings on their costumes or carry a flashlight.

The cooperation of all concerned is being solicited to ensure a safe and happy Halloween at APG.

For more information, call Sheryl Speerstra, 410-306-4522.

### SAME Chesapeake holds meeting

The Society of American Military Engineers Chesapeake Post monthly meeting will be held 11:30 a.m., Oct. 19, at Top of the Bay. A representative from the Directorate of Installation Operation will

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Safety & Health

# Domestic violence shatters lives



Illustration by NICK PENTZ

## Energy Awareness Month promotes wiser use of resources

Story by  
**J.D. LEIPOLD**  
*Army News Service*

October is National Energy Awareness Month and this year's theme, "Energy independence depends on us," promotes wiser use of limited energy resources, and highlights the importance of energy to the economic prosperity, security and growth of America.

The Army has reduced energy consumption by 29.4 percent since 1985. But "unfortunately, from 2003 to 2005 we increased energy use by 3.5 percent due to the Global War on Terrorism and a

loss of focus on energy conservation," said Secretary of the Army Francis J. Harvey.

Because the Department of Defense is the nation's single largest user of energy and the Army is the largest utilities consumer, Harvey said "we must be a leader in energy efficiency and the use of renewable energy products and emerging technologies."

#### Myths

"There are myths, routinely held as fact, that inhibit cost-saving practices," said Don Juhasz, chief, Utilities and Energy Team under the Assistant Chief of Staff for Installation Management,

One such fable is that the Army doesn't pay for utilities.

"The Army is one of the government's largest utility customers, spending nearly \$1 billion annually on those costs," Juhasz said. "Just a 10 percent decrease in utility consumption would lower the government's expenditures more than \$100 million a year."

Another myth is that it takes more energy to turn lights on and off than to just leave them on.

"Not so," according to Juhasz. "It does require a surge of energy, up to 300 percent and one-sixtieth of a second

after which the energy flow becomes a steady state. Human reaction time in turning a switch off and on exceeds this by about 15 times.

"A person could stand there flipping a switch off and on and the off-time would offset any energy increase from the on-cycle," he said.

Lamp life is decreased with on and off switching, but because of the time the fixture is off during switching, the overall time between bulb replacement is actually increased by one second for every one second the light is off, so that it takes at least the

normal life hours – 20 thousand for a good florescent – to decrease its life to half by constantly switching it off and on.

"The bottom line," he said, "is it saves utility costs if lights are turned off when a room is unoccupied, even for two seconds."

Yet another myth is that motor pools and buildings be lit from the outside during darkness per security regulations.

"Only the bunker lights at an ammunition supply point are required to be on during all hours of darkness. All other security lighting is at the

See ENERGY, page 2



Photo by STEPHANIE FROBERG  
Col. Brian Lukey, commander of U.S. Army Medical Research Institute of Chemical Defense, right, and Dr. David Lenz, the principal investigator for the new Center of Excellence, examine a model of a bioscavenger molecule.

## MRICD awarded \$14.4 million grant from NIH

#### MRICD

The National Institutes of Health has announced the award of a "Countermeasures Against Chemical Threats (CounterACT) Research Center of Excellence" grant worth \$14.4 million dollars over 5 years to the U.S. Army Medical Research Institute of Chemical Defense.

The institute is the Department of Defense's premiere laboratory for the development of medical products against the effects of toxic chemicals.

The NIH CounterACT program addresses the critical need for improved antidotes for civilian populations vulnerable to chemical agent poisoning by a terrorist attack. The competitive funding opportunity was available for all U.S. academic, industrial and government laboratories.

Led by the center's principal investigator, Dr. David Lenz, the new NIH Center for Catalytic

Bioscavenger Medical Defense Research at the USAMRICD will build upon the established infrastructure and personnel resources at the USAMRICD and at the national and international collaborating institutions.

"We are delighted that the NIH has recognized the considerable talents resident at the USAMRICD, as well as the quality of the research team organized by Dr. Lenz to address this important problem," said Col. Brian Lukey, commander of the USAMRICD.

The partner organizations include the Human Biomolecular Research Institute, San Diego; The Weizmann Institute in Israel; the Department of Plant, Cellular, and Molecular Biology, The Ohio State University; The Biodesign Institute at Arizona State University; and the Department

See USAMRICD, page 15

## Retiree Day set for this weekend

Story by  
**YVONNE JOHNSON**  
*APG News*

Retiree Appreciation Day will be held 8 a.m., Oct. 21 at the Aberdeen Recreation Center.

The annual day is an important informational event during which retirees are brought up to date on changes in benefits they receive as a result of their service.

Guests can enjoy coffee and pastries and music by the 389th Army Band (AMC's Own) while taking in the displays from various installation organizations to include Kirk U.S. Army Health Clinic, Morale, Welfare and Recreation and the Directorate of Law Enforcement and Security as well as local and state Veterans Service Organizations.

The program will feature remarks from Col. John T. Wright, APG Garrison and deputy installation commander. Wright will discuss the "Commander's Initiative: Celebrating the 90th Anniversary of Aberdeen Proving Ground." This will be a 12- to 18-month celebration beginning in

December 2006 and continuing into early 2008. There also will be an update on the status of the Base Realignment and Closure initiative.

A guest speaker from the National Association for Uniformed Services will update retirees on the latest changes in benefits, specifically Combat Related Special Compensation, and other programs including the latest tax benefits from the state of Maryland, and Veterans History Project coordinator Kathy Abey will give an overview of the project, which is an official project through the Library of Congress.

In addition, retirees and their family members can dine with Soldiers in the dining facility near the Recreation Center after the program.

Local community organizations offering benefits and programs to the military community are encouraged to participate.

For more information, or to make lunch reservations, call retired Col. Charles Shadle, chairman of the Military Retiree Council, 410-663-9263, or retired Command Sgt. Maj. Barry Decker, 410-272-6342.

## Little moments equal big magic with Big Brothers Big Sisters

#### APG CFC Office

For more than 50 years, Big Brothers Big Sisters has been serving Central Maryland by providing the influence of positive adult role models and the friendship of caring adult mentors to children whose education, health, and safety are threatened.

"Every Combined Federal Campaign contributor has a chance to make a difference in a child's life by considering this charity for their contribution," said Michael Graziano, CFC chairman. "There are so many positive benefits that can be realized."

The good news is that children involved with Big Brothers Big Sisters are 46 percent less likely to use drugs and 52 percent less likely to skip school. In addition, these children exhibit more confidence, have better relations with their peers and demonstrate improved trust toward others.

Big Brothers Big Sisters volunteers

also get something out of the program. By spending a few hours a month with a child, volunteers have the experience of having fun while spending quality time with a child... whether making pizza, shooting hoops or just going to the park.

Consider these real-life stories.

"Michelle" was graduating from the 5th grade. There was a big ceremony at the school, and a lot of proud parents and family members were in attendance. Sadly, Michelle's mother couldn't be there. She was a single mother, supporting her family on her own and she had to work that day. Michelle saw the other families in the audience and felt sad because she didn't have anyone there. Then, as she accepted her diploma, out of the corner of her eye, she saw someone out in the audience waving and cheering for her - it was her Big Sister from Big Brothers Big Sisters

See CFC, page 15



# Soldier Processing Room dedicated to late veteran

Story by  
**YVONNE JOHNSON**  
APG News

In recognition of a tireless career spent serving America and its veterans, the Aberdeen Proving Ground Garrison’s Military Personnel Office named its Soldier Processing Room after retired Master Sgt. Darrell Young, the former Veterans Employment Representative who died in March 2006, during a dedication ceremony at building 4305 Sept. 21.

Along with Young’s wife, Catherine, an APG Garrison Resource Management budget analyst, family members, Soldiers, friends and co-workers from the Garrison and from the Maryland Department of Labor, Licensing and Regulation attended the ceremony.

Col. John T. Wright, APG Garrison and deputy installation commander, offered remarks and presented Young’s widow the Department of the Army Civilian Award for Humanitarian Service which Young was recommended for and received posthumously.

In recognizing Young’s leadership of the Transition Assistance Program, which aids Soldiers leaving the military seeking civilian employment, Wright said that Young “exhibited all aspects of what I feel is a leadership philosophy.”

Wright recited the Army Values and said that Young “displayed all of these,” adding that through innovation, Young “made sure they knew and understood what their benefits are,” and that through perseverance, “he made sure they knew that their needs would be met.”

“For all the young Soldiers who come through here every week, we thank you for allowing us to dedicate this room,” Wright said to Young’s family.

“Naming the Soldier Processing Room as a



*Dave Burdick, former chief of the Aberdeen Proving Ground Adjutant Office, right, and Catherine Young, left, unveil the plaque renaming the Soldier Processing Room in building 4305 after Young’s husband, the former Veterans Employment Representative, retired Master. Sgt. Darrell Young, who passed away suddenly in March, during a dedication ceremony Sept. 21.*

memorial to [Young] will serve as a legacy of his valuable work and selfless dedication to service members, veterans and their families,” Wright said. “It will be an inspiration for all of us and our way of keeping him close.”

Along with Wright, Dave Burdick, chief of the Adjutant Office, and Catherine Young unveiled the plaque mounted on the wall in front of the classroom. With her husband’s sister, Brenda, and other family members in attendance, Catherine said that she was surprised but not shocked by the gesture.

“I didn’t expect this,” she said, “and Darrell

didn’t like being fussed over, but he was dedicated to those he worked for and those he worked with.”

“This means a lot because Darrell always went that extra mile for people.”

### Retired Master Sgt. Darrell Young

A Vietnam veteran, Young served in the Army from 1965 until his retirement in 1986. As a certified Department of Defense and Department of Labor Transition Assistance Program facilitator, Young developed the Transition Assistance Program workshop to prepare Soldiers leaving active duty for civilian



employment. Young provided workshop attendees with the opportunity to explore career fields, employment resources, and learn resume writing and interview techniques, while providing an overall view of the job market.

He was instrumental in establishing the Demobilization Transition Assistance Program to meet the needs of separating Reserve Component Soldiers returning to civilian life, and he developed a partnership with the Veterans Administration Regional Office in Baltimore to provide further information to veterans regarding benefits for education, disability compensation, war related trauma and other issues.

Young’s aggressive marketing of the TAP through would-be employers, veteran service organizations and state employment programs resulted in the program being showcased on the Pentagon Channel and recognized by the Maryland Department of Labor and the U.S. DOL as a model for DOL programs in support of the Department of Defense.

# She’s just one of the ‘Fellows’ in AMC training program

Story by  
**SUZANNE SCHULTZ**  
CPAC

She doesn’t wear a uniform, work at the Pentagon, or get interviewed by CNN, but Kadee Wooten is part of an elite group nonetheless. Wooten is one of the U.S. Army Materiel Command Fellows, a program that targets the best and the brightest for senior leadership positions.

Wooten is nearing the end of this five-year program that starts by enrolling all members of the class in an MBA program at Texas A&M-University-Texarkana. When that phase of the program is complete, participants start four years of on-the-job training at various locations around the country. Starting at the GS-07 level, they will graduate to become GS-12s or GS-13s.

Participants in the program are given two career fields, usually Career Program 13, Logistics and CP 17, Maintenance. However, the Logistics Support Activity allowed Wootten to select her primary and secondary career field and she chose CP 13 – Logistics (with an emphasis on Supply) and CP 10 – Human Resources/CP 26 – Manpower. This combination was a little unusual, but it has allowed her to gain a broader spectrum of training.

Wootten said she felt that LOGSA made the right decision. “In allowing people to choose their own programs, LOGSA had four students in the top 15, and three in the top 10 of their programs.”

Wootten was working in a Retail Management program for the Army and Air Force Exchange System when a recruiter from her alma mater of Baylor University sent her information about the Fellows Program. Realizing that the Retail Management field wasn’t for her, she applied on a Thursday and



Photo courtesy of CPAC

### Kadee Wootten

was telephonically interviewed the following Tuesday. In about three weeks time she was packed and ready to move to Texarkana from San Antonio. Luckily, Wootten was already familiar with moving after spending her childhood as an Army brat, so this was not a new experience. In fact, the option to move and travel was one of the things that drew her and her husband, James, to the Fellows program.

Wootten has hopes for an overseas assignment as well. When they moved to their LOGSA assignment in Redstone, Ala., it was actually James’ first time living outside the state of Texas. They chose Aberdeen Proving Ground partly because James wanted to experience life on the east coast.

Her first assignment at APG was for six months at the U.S. Army Materiel Systems

Analysis Activity where she worked on their Customer Pay Pilot. She performed a study to analyze the government’s current and future supply chain performance.

Her next five months at the Civilian Personnel Advisory Center led her into a totally different area.

While at the CPAC, Wootten explored the complex world of Management-Employee Relations and found it to her liking. She assisted managers with determining the proper disciplinary and adverse action to be taken based on the regulatory requirements and policy involved. She prepared written reprimands, suspensions and removals. She also did extensive research into regulations, case law, the Code of Federal Regulations and Government and Human Resources policies. She even prepared a settlement agreement that dealt with retroactive promotion and back pay.

“And the impact of her time here will be felt even after she moves on to her next assignment as she developed a Standard Operating Procedure for employees to follow outlining the official office policies for MER actions,” said her supervisor Candy Myers. “Exploring MER issues was a great opportunity to learn where to find the answers to some of the tough questions employees ask about federal service,” said Wootten.

Amy Dixon, an Army Civilian Training, Education and Development intern at the CPAC said, “She was a tenacious advocate for both managers and employees. This was evidenced by her persistence in finding the issues behind the ensuing conflict. As a result, she was able to offer interest-based solutions that would likely incorporate the needs of both the organization and the affected employee.”

Still, Wooten’s exposure to human resources

didn’t stop with MER, she also examined applications to determine if an individual would be qualified for light duty assignments. Through this task, she gained familiarity with Fully Automated System for Classification and the OPM standards.

She arrived at the CPAC at a time of great change and experienced the National Security Personnel System as the CPAC came under Spiral 1.1.

She learned how APG will change as an installation as the Base Realignment and Closure brings an influx of more civilians and the departure of the U.S. Army Ordnance Center and Schools drastically lessens the number of military be assigned to APG.

“If Wootten comes back to APG in five years, she may hardly recognize the base,” Myers said.

“Here is someone who came to learn from us, but when I need something critical in a short timeframe, Kadee is the person that I go to,” Myers said.

Dixon added this about Wootten, “I believe Kadee’s success at the CPAC was largely due to her intellectual curiosity. She was always delving into even the most mundane of issues to enhance her background in management employee relations.”

Wooten said that her next rotation takes her to Edgewood to work for the Program Manager for Joint Service General Purpose Mask, she’ll never forget her time in the CPAC.

“I learned a lot about the personnel system that I can hopefully share with others as I start working in different areas of the Army. One of the things I like about working here is that no two days are alike,” Wootten said. “You never know what is coming next.

# Energy

*From front page*

discretion of the commanding officer,” Juhasz said.

“It has been proven that pilferage and vandalism have decreased at military facilities and on school grounds where the lights have been turned out,” he added. “The intruders then have to bring their own lights and can be more easily spotted by security forces.”

### Improving energy management

The Energy Policy Act of 2005 charges individuals and government agencies with improving energy management to save money and reduce environmentally harmful emissions.

To reduce energy costs by two percent, as mandated by the EP Act, the Army established an energy campaign plan that extends through 2030.

The Army energy strategy is based

on these five initiatives:

- Eliminate/reduce energy waste in existing facilities;
- Increase energy efficiency in renovation and new construction;
- Reduce dependence on fossil fuels;
- Conserve water resources; and
- Improve energy security.

### Energy Star

Energy Star, a joint program of the U.S. Environmental Protection Agency and the U.S. Department of Energy, was created in 1992 to help consumers, businesses and government agencies save money by offering energy efficient products.

A voluntary labeling program, Energy Star identifies and promotes energy-efficient products to reduce greenhouse gas emissions. Computers and monitors were the first labeled products. Later, the EPA expanded the label to additional office equipment and residential heating and cooling equipment.

Today, the label is on major appliances, lighting, home electronics and

also on new homes and commercial and industrial buildings. Over the past decade, Energy Star has been a driving force behind the more widespread use of such innovations as LED traffic lights, efficient fluorescent lighting, power management systems for office equipment and low standby energy use.

According to their Web site, Energy Star has partnerships with more than 8,000 private and public sector organizations. Energy and cost savings to consumers, business and government agencies in 2005 was roughly \$12 billion. With the help of Energy Star, Americans also saved enough energy in 2005 to avoid greenhouse gas emissions equivalent to those from 23 million cars.

Along with energy efficient products, Energy Star also offers solutions to common household problems to help reduce your energy costs. They can offer an online home analysis and assistance along with possible solutions to most home problems includ-

ing mold and mildew, to dust, damp basements, dry winter air and moisture on windows.

For more information on Energy

Star visit [www.energystar.gov](http://www.energystar.gov).

For more information on the Army Energy Program visit <http://army-energy.hqda.pentagon.mil>.



# APG News

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Deadline for copy is Thursday at noon for the following Thursday’s paper.

### Staff

APG Commander .....	Maj. Gen. Roger A. Nadeau
APG Garrison Commander .....	Col. John T. Wright
Public Affairs Officer .....	George P. Mercer
Editor .....	Debi Horne
Editorial Assistant .....	Marguerite Towson
Contract Photojournalists .....	Yvonne Johnson
.....	Heather Tassmer
Graphic Designer/Web Designer .....	Nick Pentz
Web site .....	<a href="http://www.apgnews.apg.army.mil">www.apgnews.apg.army.mil</a>



# Soldiers raise funds to fight cancer

Story by  
**ANDRICKA THOMAS  
HAMMONDS**  
OC&S

Trainees from the U.S. Army Ordnance Center and Schools donated \$400 to Wet Willy’s Annual Cancer Benefit, Oct. 1, for the American Cancer Society.

After seeing a sign at Wet Willy’s Crab Deck in Edgewood, about the cancer benefit, 18 Soldiers in Basic Noncommissioned Officer Course #43-06 held a volunteer car wash in a Wal-Mart parking lot Sept. 30 to raise money for the event.

During the benefit, the Soldiers asked to speak with the person in charge of the event. Melody Burrill, volunteer benefit coordinator, answered the call.

“They just showed up in uniform, and handed over \$400 in cash,” Burrill said. The Soldiers did not announce their intentions, although they are regular customers at the restaurant, she said.

The class, after a long week in a field training exercise, took their leisure time that Saturday to do something worthwhile.

“They were so humble and kind, everyone in the place felt it,” Burrill said.

“That gesture drew tears from some of the patrons and volunteers present that night,” said Page Sheffy, Wet Willy’s Crab Deck owner.

“It was one of the most unselfish acts I’ve ever seen,” said Deb Prue, volunteer at the event. “I cried...it was amaz-



Photo by MELODY BURRILL, WET WILLY’S Magician Don Martin entertains Soldiers from the Basic Non-Commissioned Officer’s Course #43-06 from Aberdeen Proving Ground while attending the Annual Wet Willy’s Cancer Benefit Oct 1. The class donated \$400 to the benefit after holding a car wash fundraiser.

ing to see young Soldiers, in spite of all they go through, still take the time out to give something back. It made me proud to be an American.”

Retired Chief Warrant 5 Austin Chambers, an attendee at the event, was so moved, he went home to retrieve two military coins to present to the Soldiers as thanks for their unselfish efforts, Prue said.

“I wish we could have given more,” said Staff Sgt. Luis Salinas, BNCOC trainee from Fort Carson, Colo., “but it rained for an hour during the car wash, slowing business.”

The benefit raised a total of \$8,000 that night, from a combination of donations such as the one Class 43-06 gave, silent auctions and raffles. After two years of success, Sheffy and Burrill are already planning

next year’s fundraiser.

“Next year, we are going to donate proceeds to the Relay for Life we have here locally,” Burrill said.

This is the first year

Soldiers participated in our event, she said.

“I was touched. I am honored to have Soldiers like them represent our country...they are the true definition of patriotism,” Burrill said.

The Soldiers, many of whom have served in Operation Iraqi Freedom and Operation Enduring Freedom, expect to graduate from training at APG Nov. 20.

“Their lives are so complicated, and they still took the time to care,” Sheffy said. “I don’t have the words to thank those Soldiers enough.”

The class said their contribution was just a small part of what needs to be done. Some members of the class have family members who suffer from or have died from cancer. This was their chance to give back.

“We’d do it again,” said Staff Sgt. Jeffrey Lloyd, BNCOC trainee from Fort Drum, N.Y.

**Post Shorts**



present a briefing titled “BRAC Update.”  
RSVP to Donna Vereb, 301-670-5485 or Tony Price, 301-732-1154.

**Well-Being Council meeting Oct. 19**

The next Well-Being Council meeting will be held 9:30 a.m., today, at the Post Chapel.

**Blood drive scheduled Oct. 23**

Headquarters and Headquarters Company, U.S. Army Garrison will hold an installation blood drive 9 a.m. to 2 p.m. at the Edgewood Chapel. Appointments are encouraged in order to decrease wait times; but walk-ins are welcome.

The drive is sponsored by the Armed Services Blood Program and all blood collected will only be distributed within the military community.

For more information or to make an appointment, call Ruby V. Ferrer, 410-278-3000.

**MCSC taking orders for apple pie sale**

The Military and Civilian Spouses' Club will be making

homemade pies on Oct. 26 at the APG Chapel. Anyone interested in helping should contact Judi, 410-272-8271 or Gloria, 410-273-1926.

MCSC is currently taking orders for the pies because only a limited amount will be made this year. The cost is \$7 per pie. To pre-order, call Judi or Gloria.

**RAB meeting scheduled Oct. 26**

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Oct. 26, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Aberdeen Area Study Areas. Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line, 410-272-8842 or 1-800-APG-9998.

**CHPPM hosts ergonomics open house Oct. 25**

The U.S. Army Center for Health Promotion and Preventive Medicine will hold an ergonomics open house 10

a.m. to 2 p.m., Oct. 25, in building E-1570, room 206, APG South. Military personnel and Department of Defense civilians and contractor are invited. The event includes demonstrations, hands-on activities, ask-an-ergonomist, Ergo-Teasers, information on ergonomic services provided at APG and Army-wide, door prizes and refreshments. For more information, call Nancy Cammarota at 410-436-3928.

**Statistical Association hosts luncheon speaker**

The Chesapeake Chapter of the American Statistical Association will host a lunch presentation by Mark Otto of the U.S. Fish and Wildlife Service, who will speak on "Trend Estimation in a Periodic Survey of North American Waterfowl" at the Old Baltimore Room of Top of the Bay 11:30 a.m., Oct. 26. Otto will discuss the estimation of duck and goose population trends based on annual aerial transect surveys of the western United States and Canada.

The meeting is open to the

public and starts with a pay-as-you-go lunch. For more information, call Dave Webb, 410-278-7014.

**Thrift Store to disburse funds**

The APG Thrift Shop is accepting requests for donations from service organizations and military units through Oct. 31.

The request should include the name of the organization, point of contact, address, telephone number, amount requested and specific details on how the funds will be used.

In the past, donations have been granted to area Boy Scouts, Army Community Service, the APG Fire Department and veterans' organizations.

Mail or drop off requests to APG Thrift Store, building 2458, APG, MD 21005-5001. For more information, call the store during operating hours, which are 11 a.m. to 6 p.m., Wednesday; 10 a.m. to 2 p.m., Thursday; 10 a.m. to 1 p.m., the first Saturday of the month, 410-272-8572. Consignments are only taken 11 a.m. to 2 p.m. and 4:30 to 5:30 p.m., Wednesday and 10 a.m. to 1 p.m., Thursday.



**Chapel Services**

**Christian alternative to Halloween**

There will be a Hallelujah Carnival 6 p.m., Oct. 31, at the APG Chapel. All are welcome to join in this family Christian alternative to Halloween. Activities include games, food and prizes.

For more information, call 410-278-4333.



Planning a scholarship ‘shopping’ trip

After Nov. 1 check <http://www.commissaries.com> for information on how to apply for a \$1,500 scholarship in the 2007 Scholarships for Military Children program. For general information on what it takes to qualify, go to <http://www.militaryscholar.org>. The SFMC program has awarded more than \$4 million to nearly 3,000 military children worldwide over six years of existence.

Administered by the Fisher House Foundation, the program is funded by the various suppliers and manufacturers selling groceries in commissaries worldwide. The program is also receiving increased donations from outside the commissary industry, including a \$20,000 donation from the Hearst Foundation for 2007. The public can also donate to the scholarship program through the [www.militaryscholar.org](http://www.militaryscholar.org) Web site.

Amateur Boxing Night

Morale, Welfare and Recreation will host Amateur Boxing Night between fighters from the 16th and 143rd Ordnance battalions at the APG Athletic Center, Nov. 4. Doors open 5 p.m. and the event begins at 6 p.m.

Tickets cost \$5 for active-duty military, \$10 for civilians

and \$20 for front row seating. Admission is free for children six years of age and younger.

Purchase tickets at MWR Registration, building 3326, 410-278-4011/4907 or at Hoyle Gym and Fitness Center, building E4210, 410-436-7134.

MCSC memberships available

The Military and Civilian

Spouses' Club is offering memberships for the 2006-2007 year at a cost of \$20.

Those interested, can download a form from the MCSC Web site, [www.apgm-csc.org](http://www.apgm-csc.org) or contact Dawn, 410-297-6727.

Convoy trainer available

A Virtual Combat Convoy Trainer has become available

for use by military units from APG and other installations. Units with the U.S. Army Ordnance Center and Schools have priority use of the trainer for Advanced Individual and

Officer Basic training.

Available schedules include 1 to 9 p.m. on Wednesdays. Hours can be negotiated for daytime training from 8 a.m. to 5 p.m.

To schedule training, contact the 61st Ordnance Brigade S3 Office, 410-278-4920/5770.

*(Editors Note: More shorts can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Shorts.)*

Information Technology Expo in Oct. 25

The Corporate Information Office of the U.S. Army Research, Development and Engineering Command and the U.S. Army Garrison APG Directorate of Information Management will host the 2006 Annual Fall Information Technology Expo 9:30 a.m. to 1:30 p.m., Oct. 25, at the Gunpowder Club Conference Center, APG South.

State of the art technologies will be featured from Agency Consulting Group, Altiris, American Reliance (AMREL), AT&T Government Markets, Audio Visual Innovations, Avocent, Best Buy, Booz Allen Hamilton, Business Machines, CDW-G, Commercial Data Systems, Dell, Inc., Engineering & Professional Services, F.A. O'Toole, GovConnection, Graybar HP, IBM, IMC Networks, Log Sec Corp, Managesoft Corp., Maryland Micrographic Service, MBC Precision Imaging, MEDI, MSC Industrial Supply, Nelson White Systems, Office Eagle, Plantronics Plug-In Storage, Ricoh, SEIDCON, SGI Federal, SPL Integrated Solutions, Tally Genicom, University Alliance, USA Mobility, Vocality Inc., Ward-Boland Associates, Westwood Computer Corp., Wright Line, Xerox Corp., and more.

The event is free to all Department of Defense, government and contractor personnel (with access to Aberdeen Proving Ground).

Coffee and donuts and a light lunch buffet will be available.

For more information, call toll-free 877-332-3976 or Chris Zukowski, RDECOM, 410-436-3873, or Susan Suppa, DOIM, 410-278-7598.

Correction notice

The *APG News* inappropriately attributed a commentary in the Oct. 5 issue to fire protection specialist André Fournier. The National Fire Protection Agency provided that commentary to all fire departments to use in promoting the prevention of kitchen fires. Fournier simply localized it for APG purposes. *APG News* apologizes for this error.



Visit APG News online at  
[www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil)

# Community Notes

THURSDAY

**OCTOBER 19  
56TH ANNUAL  
INTERNATIONAL  
CREDIT UNION DAY**

Freedom Federal Credit Union International Credit Union Day celebration includes door prizes, free gifts, free educational materials, and refreshments for members visiting its branches.

The public is also invited to learn about the history and philosophy of what makes credit unions different.

FRIDAY

**OCTOBER 20  
NATIONAL MAMMOG-  
RAPHY DAY**

To commemorate National Breast Cancer Awareness Month, participating radiologists will provide free or discounted mammogram screenings and the Harford County Health Department Breast and Cervical Cancer Screening Program will sponsor mammograms and gynecological exams for women at no cost who meet program guidelines. To locate the nearest participat-

ing radiology facility, call the American Cancer Society at 1-800-ACS-2345.

**BEAVERS AND BOATS**

Join a naturalist for an evening of sleuthing through the estuary in a kayak looking for evidence of beavers. Cost is \$10 and is from 5 to 7:30 p.m. for ages 10 to adult, under 13 with an adult. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**SKI CLUB MEETS**

The Harford Ski Club will meet at the Ropewalk Restaurant/Bar in Bel Air at 6 p.m. Complimentary hors d'oeuvres and a cash bar will be provided. Join fellow APG co-workers and find out about membership and this season's ski trips. Meetings are held the first Friday of each month, October through April.

The next club meeting will be 7:30 p.m., Nov. 3, at The Tower, Main Street, Bel Air.

For additional information, visit **[www.harfordski.club.org](http://www.harfordski.club.org)** or call the information line, 1-888-380-3350.

**SATURDAY  
OCTOBER 21  
AUTUMN COLOR  
KAYAK TRIP**

Meet the stars of the show—

the trees and vines forming the magnificent fall backdrop for a paddle on Otter Point Creek at the peak of the fall color season. Cost is \$10 and is from 8:30 to 11 a.m. for ages 8 to adult, under 13 with an adult. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**TRAIL TREK; SUSQUEHANNA STATE PARK**

Enjoy a day hike with volunteer Eugene Burg through the fields and forests of Susquehanna State Park. This moderate 4-plus mile hike will have gradual uphill sections and may include stream crossings. This program is from 9 a.m. to 1 p.m. for ages 10 to adult and is free. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**CRITTER DINNERTIMES**

Come watch the turtles, fish and snakes eat and learn more about these fascinating creatures. This program begins at 3 p.m.; drop in, no registration, free. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**GHOST AND LEGENDS  
CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer a Ghost and Legends Cruise, 5:30 to 8 p.m. on the Skipjack Martha Lewis. Join the crew of the Martha Lewis for an evening of haunts and legends told by a storyteller as part of haunted Havre de Grace.

Passengers can wear their favorite costume if they wish.

Tickets cost \$35 per person. Reservations are required. Light dinner and refreshments are included. Credit cards will be accepted.

For more information or to make reservations, call 410-939-4078.

**SUNDAY  
OCTOBER 22  
BASKET BINGO**

Basket Bingo to benefit Boy Scout Troop 28 will be held at American Legion Post 194, 336 E. Main St., Rising Sun. Bingo starts at 3 p.m. Tickets cost \$10 for 20 games.

For more information call 410-658-3915, or e-mail [basketbingo@zoominternet.net](mailto:basketbingo@zoominternet.net).

**MIGRATION ON THE  
MARSH**

Migrants are on the move. Explore the changes in the marsh in a canoe and enjoy the autumn beauty that is settling into the landscape. Cost is \$10 and is from 9:30 a.m. to noon for ages 8 to





MORALE, WELFARE & RECREATION

APG instructor returns to his roots

Story and photo by  
**YVONNE JOHNSON**  
*APG News*

He was an Army brat who, while traveling the world with his family, came up through Child Youth Services and Morale, Welfare and Recreation programs. Now, he’s trying to give back to the system that helped him grow.

Ron Stallings is a Jujitsu instructor at the Aberdeen Youth Center. He holds classes Tuesday and Thursday evenings, 6 to 7 p.m. for ages 7 to 14. Although his sessions last only one month, Stallings says the lessons learned in that time can last a lifetime.

“This is where I got started,” Stalling said. “The techniques and principles you learn here can help you handle life’s struggles, plus it gives you confidence and enhances self esteem.”

He said he began Martial Arts instruction in Army youth centers at age 6, starting with Tae Kwon Do, which he studied on and off until age 15.



*Ron Stallings, a Jujitsu instructor with Child Youth Services, left, instructs Megan Thorton and Ashley Murphy in a holding technique during a class in the Aberdeen Youth Center Sept. 14.*

“At fifteen I became more serious and pretty much did it non-stop, training with local schools in Baltimore and in [Washington] D.C.,” Stallings

said.

He holds one puple belt under Lloyd Irvin M.A. and is working on his second black belt. A graduate of Joppatowne

High School and current business administration major at Morgan State University, Stallings has been teaching Jujitsu for four years. He is a highly respected ‘mixed’ martial arts fighter who regularly competes in tournaments.

In addition, he assists the U.S. Army Ordnance Mechanical Maintenance School Combative instructors in the hand-to-hand combat training course.

Stallings said that when Bill Kegley, youth sports coordinator, told him about the position he jumped at it.

“It was my chance to give back to the place where I started,” he said, adding that he often sees himself in the youths he trains.

“My most important goal is to instill self confidence,” he said. “That’s what this program did for me and I think it really made a difference in my life.”

Stallings is the son of retired Command Sgt. Maj. Ronald Stallings, former command sergeant major of the Aberdeen Proving Ground Garrison.

Spend the day or weekend in New York City

The Civilian Welfare Fund will sponsor a trip to see the “Radio City Music Hall

Christmas Spectacular,” starring the famous Rockettes, in New York City. Choose to spend either the day or the weekend.

The weekend trip costs \$499 for a single, \$385 for a double, or \$319 with three people in the room. The bus will depart 9:30 a.m., Nov. 24. Price includes charter bus transportation, the ticket for the show and hotel accommo-

dations for a two-night stay. A \$50 deposit is due upon reservation.

The daytrip costs \$120 per person. The bus will depart 6 a.m. Price includes charter bus transportation, the ticket for the show, with time for shopping, sightseeing and lunch before the show.

For information or reservations, call Angela Keithley, 410-278-4603/4771.

Three Little Bakers Dinner Theater

The Civilian Welfare Fund will sponsor a trip to the Three Little Bakers Dinner Theater in Wilmington, Del., Dec. 15. Tickets cost \$63 per person and include charter bus transportation, dinner and the show, “Three Little Baker’s Christmas Celebration 2006.”

For more information or to make reservations, call Angela Keithley, 410-278-4603/4771.





SCHOOL LIAISON

Books about moving for children

**We are best friends** by Alikì  
When Robert’s best friend Peter moves away, both are unhappy, but they learn that they can make new friends and still remain best friends.

**Best friends together again** by Alikì  
When Robert’s best friend Peter, who moved away, comes back to visit, various emotions surface, but mostly pleasure – which all the old friends share.

**Franklin's bad day** by Paulette Bourgeois  
When Franklin the turtle’s best friend Otter moves away it makes him feel sad, grumpy, and a little bit mean, but Franklin cheers up after sharing a heart to heart talk and a hug with his father.

**My neighborhood: places and faces** by Lisa Bullard  
Libbie gives a tour of her neighborhood to a boy just about her age whose family is moving in next door.

**A new room for William** by Sally Grindley  
When William and his mother move, he is unhappy about having a new room, but he changes his mind after he gets dinosaur wall-paper and makes a new friend.

**Friends** by Helme Heine  
Three inseparable friends discover that there are times when it is not always possible to be together.

**Annie Bananie** by Leah Komaiko  
Sad because her best friend, Annie Bananie, is moving away, a little girl remembers all the fun they had together.

**Alexander, who's not (do you hear me? I mean it!) going to move** by Judith Viorst  
Angry Alexander refuses to move away if it means having to leave his favorite friends and special places.

**Megan has to move** by Jacqueline A. Wolfe  
Megan is sad about moving and leaving her friends but she soon discovers the positive aspects of living in a new place.

**Amber Brown is not a crayon** by Paula Danziger  
The year she is in the third grade is a sad time for Amber because her best friend, Justin, is getting ready to move to a distant state.

**Good-bye, Stacey, good-bye** by Ann M. Martin  
When Stacey and her family move back to New York, the club members try to think of a very special way to say good-bye to her.

**Mallory on the Move** by Laurie B. Friedman  
After moving to a new town, eight-year old Mallory keeps throwing stones in the “Wishing Pond” but things will not go back to the way they were before, and she remains torn between old and new best friends.

APG Bowling Center Snack Bar specials  
Building 2342

**Week of Oct. 16**  
Special #1: Chicken tender wrap with lettuce, tomato, ranch dressing, mozzarella cheese, chips, one cookie and soda for \$4.35.

Special #2: Chicken filet club with bacon and cheese (choice of mayonnaise, lettuce, tomato pickles and onions), French fries, one cookie and soda for \$5.85.

**Week of Oct. 23**  
Special #1: Bacon, lettuce and tomato sandwich, French fries, one cookie and soda for \$5.75

Special #2: Three cod strips, French fries, one cookie and soda for \$6.95

The snack bar has a variety of items to choose from including box meals, burgers, subs, sandwiches, baskets and pizza.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 am.

LIBRARY BOOK CORNER

Operating hours of the Aberdeen Library, located in the Recreation Center, are 1 to 5 p.m., Saturday and Sunday, 11:30 a.m. to 6:30 p.m., Monday through Thursday and closed on Friday. For more information, call 410-278-3417.

The following are a few of the new titles available at the APG MWR Library:

**A Mind of Its Own: how your brain distorts and deceives** by Cordelia Fine

**A History of the End of the World: how the most controversial book of the Bible changed the course of Western Civilization** by Jonathan Kirsch

**Alpha Girls: Understanding the New American Girl and how she is changing the world** by Don Kindlon

**How to Lose a Battle: Foolish plans and great military blunders** edited by Bill Fawcett

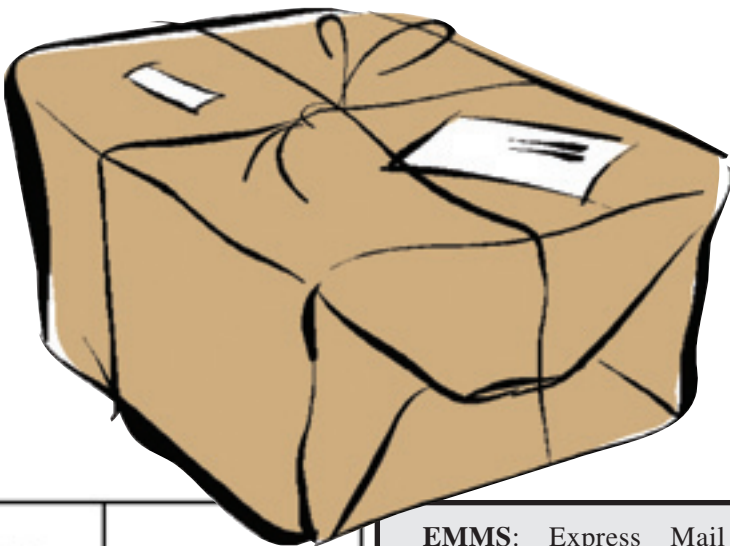
This surprisingly amusing anthology could be subtitled Monuments to Stupidity. Fawcett and several other writers have written a series of essays dissecting some of the greatest military disasters, from antiquity to the twentieth century.



The library’s Web site, [www.apgmwr.com/recreation/libraries.html](http://www.apgmwr.com/recreation/libraries.html), provides access to the library’s online catalog and also has a complete annotated listing of the library’s new material, as well as a list of available films on DVD.



# 2006 International and military mail Christmas mailing dates



To ensure delivery of holiday cards and packages by Dec. 25 to military APO/FPO addresses overseas and to international addresses, the U.S. Postal Service suggests that mail be entered by the recommended mailing dates listed below. Beat the last-minute rush, mail early.

**Military addressing tips:**

- Use the service member’s full name (with or without rank or rating), military organization or unit, and APO/FPO address.
- Do not include the country name in any part of the address.
- Programs that allowed the general public to send mail addressed to “Any Service Member” are no longer available.

**International addressing tips**

- Place the city or town name and the province or state name on the next line after the street address information.
  - Put foreign postal codes, if known, in front of the city or town name and on the same line.
  - Write the name of the foreign country in capital letters on the last line of the address.
- Christmas Eve - Sunday Dec. 24  
Christmas Day - Monday Dec. 25  
First night of Hanukkah - Dec. 16, at sunset Saturday  
Kwanzaa - Dec. 26 - Jan. 1, 2007

Military Mail addressed to	Express Mail Military Service (EMMS)	First Class Mail Letters/Cards	Priority Mail	Parcel Airlift Mail (PAL)	Space Available Mail	Parcel Post	
APO/FPO AE ZIPs 090-092	Dec. 19	Dec. 11	Dec. 11	Dec. 4	Nov. 27	Nov. 13	<b>EMMS:</b> Express Mail Military Service is available to selected military post offices. Check with a local post office to determine if this service is available to the APO/FPO of address. <b>PAL:</b> PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service. <b>SAM:</b> Parcels paid at Parcel Post postage rates are first transported domestically by surface and then to overseas destinations by air on a space-available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined.
APO/FPO AE ZIP 093	N/A	Dec. 4	Dec. 4	Dec. 2	Nov. 27	Nov. 13	
APO/FPO AE ZIPs 094-098	Dec. 19	Dec. 11	Dec. 11	Dec. 4	Nov. 27	Nov. 13	
APO/FPO AA ZIPs 340	Dec. 19	Dec. 11	Dec. 11	Dec. 4	Nov. 27	Nov. 13	
APO/FPO AP ZIPs 962-966	Dec. 19	Dec. 11	Dec. 11	Dec. 4	Nov. 27	Nov. 13	

International Mail Addressed to	Global Express Guaranteed (GXG)	Global Express Mail (EMS)	Global Priority Mail (GPM)	Global Airmail Letters and Cards	Global Airmail Parcel Post	Global Economy Surface	
Africa	Dec. 19	Dec. 11	Dec. 6	Dec. 4	Dec. 4	Oct. 16	<b>GXG:</b> Global Express Guaranteed is available to over 190 countries via a partnership with Federal Express. See a retail associate at participating locations for a complete list of countries and money-back guarantee details. Some restrictions apply. <b>GEM:</b> Global Express Mail is available to over 190 countries with delivery in three to five business days. See a retail associate at participating locations for a complete list of countries. Some restrictions apply. <b>GPM:</b> Global Priority Mail is an accelerated airmail service available for items up to 4 pounds to 51 countries. The service is available in two attractive-sized envelopes. Customers can also use their own packaging by adding the Global Priority Mail sticker. See a retail associate at participating locations for a complete list of countries. Some restrictions apply.
Asia/Pacific Rim	Dec. 19	Dec. 15	Dec. 13	Dec. 11	Dec. 11	Oct. 30	
Australia/New Zealand	Dec. 19	Dec. 15	Dec. 13	Dec. 11	Dec. 11	Oct. 30	
Canada	Dec. 20	Dec. 16	Dec. 13	Dec. 11	Dec. 11	Nov. 27	
Caribbean	Dec. 19	Dec. 15	Dec. 13	Dec. 11	Dec. 11	Nov. 6	
Central & South America	Dec. 19	Dec. 11	Dec. 4	Dec. 4	Dec. 4	Oct. 30	
Mexico	Dec. 19	Dec. 15	Dec. 13	Dec. 11	Dec. 11	Nov. 20	
Europe	Dec. 19	Dec. 15	Dec. 13	Dec. 11	Dec. 11	Nov. 6	
Middle East	Dec. 19	Dec. 15	Dec. 13	Dec. 11	Dec. 11	Oct. 23	



## Channel 21 features Pentagon Channel programming

The Pentagon Channel will feature the following programs on Channel 21. These programs are subject to change each week and will be updated accordingly.

**Monday**

- ATS Reloaded, 5:30 a.m.
- American Veteran, 9:30 a.m.
- Army Newswatch, 11 a.m.
- Inside Afghanistan/FJ Iraq, 1 p.m.
- Around the Services, 5:30 p.m.
- Focus on the Force, 10 p.m.

**Tuesday**

- Around the Services, 8 a.m. and 8 p.m.
- RECON, 11 a.m.
- Focus on the Force, 1 p.m.
- Army Newswatch, 3 p.m.
- Freedom Journal Iraq/Inside Afghanistan, 4 p.m.
- Army Newswatch, 7 p.m.

**Wednesday**

- Around the Services, 8 a.m. and 8 p.m.
- Army Newswatch, 9:30 a.m. and 9:30 p.m.
- American Veteran, 1 p.m.
- Inside Afghanistan/Freedom Journal Iraq, 2 p.m.
- RECON, 3:30 p.m.

- Focus on the Force, 6:30 p.m.
- Thursday**
- Around the Services, 8 a.m. and 8 p.m.
- Army Newswatch, 9 a.m. and 9 p.m.
- Freedom Journal Iraq/Inside Afghanistan, Noon
- Focus on the Force, 1 p.m.
- RECON, 3:30 p.m.
- American Veteran, 5 p.m.

**Friday**

- Around the Services, 8 a.m. and 8 p.m.
- Army Newswatch, 10:30 a.m.
- RECON, Noon
- American Veteran, 2:30 p.m.
- Freedom Journal Iraq/Inside Afghanistan, 4 p.m.
- Focus on the Force, 6:30 p.m.
- ATS Reloaded, 7 p.m.

**Saturday**

- Around the Services, 5:30 a.m.
- News Reel Anaconda, 7:30 a.m.
- American Veteran, 1:30 p.m.
- Army Healthwatch, 2 p.m.
- ATS Reloaded, 5:30 p.m.
- Battleground, 7 p.m.
- RECON, 8 p.m.

**Sunday**

- ATS Reloaded, 5:30 a.m. and 9:30 p.m.

- Freedom Journal Iraq, 10:30 a.m. and 4:30 p.m.
- Today’s Military, 1 p.m.
- Around the Service, 7:30 p.m.

- Army Newswatch – Bi-weekly report on the men and women of the Army.
- Around the Services – From the Pentagon Channel NewsCenter, daily half-hour program featuring military news from top defense officials and the military services from around the world.
- RECON – A monthly information television program providing an in-depth look at a variety of topics, highlighting the accomplishments of U.S. military men and women.
- Your Corps – Monthly view of the men and women of the Marine Corps.
- Freedom Journal Iraq – A daily news program produced by American Forces Network Iraq. The program focuses on military missions, operations and U.S. military forces in Iraq.
- Navy Marine Corp News – A weekly look at the men and women of today’s sea service.
- Opportunity Showcase – A monthly

program dealing with a variety of subjects that benefit small business owners, transitioning military members and other subjects of opportunity-produced by the U.S. Air Force.

The American Veteran - A half-hour video news magazine designed to inform veterans, their families and their communities about the services and benefits they have earned through their service to America and to recognize and honor that service.

Battleground - Every weekend, this series features historic films from World War II, Korean War, and the Vietnam War. *A Pentagon Channel Original Series.*

Focus on the Force – A weekly program highlighting missions, operations and people of the U.S. military.

Inside Afghanistan – Presents the latest from Operation Enduring Freedom, showing the activities of American troops in country.

ATS Reloaded – ATS-Reloaded revisits the best of the week and keeps viewers updated on information that’s important.



# SAFETY

## Preparing for, enjoying a safe Halloween

DSHE

The APG Installation Safety Department offers tips to help everyone to have a safe and happy Halloween.

**Before Halloween**

Purchase or make costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.

Consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.

Secure emergency identification (name, address, phone number) discreetly within Halloween attire or on a bracelet.

Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives.

When shopping for costumes, wigs and accessories look for and purchase only those with a label clearly indicating they are flame resistant.

Think twice before using simulated knives, guns or swords. If such props must be used, be certain they do not appear authentic and are soft and flexible to prevent injury.

Obtain flashlights with fresh batteries for all children and their escorts.

Use only battery-powered lanterns or chemical light-sticks in place of candles in decorations and costumes.

Teach children how to call 911 (or their local emergency number) if they have an emergency or become lost. Remind them that 911 can be dialed free at any payphone.

Review with children the principle of "Stop-Drop-Roll," should their clothes catch on fire.

Openly discuss appropriate and inappropriate behavior at Halloween time.

Consider purchasing individually packaged healthy food alternatives (or safe non-food treats) for visitors.

Take extra effort to eliminate tripping hazards on porches and walkways. Check around the property for low tree limbs, support wires or garden hoses that may prove hazardous to young children rushing from house to house.

Learn or review CPR skills to be able to aid someone who is choking or having a heart attack.

Consider safe party guidelines when hosting an adult or office party.

**Fun alternatives**

Ask around the community and check the local newspaper for

information on special events. Community centers, shopping malls and houses of worship often have organized festivities.

Share the fun by arranging a visit to a retirement home or senior center.

Create an alliance with college fraternities, sororities or service clubs for children's face painting or a carnival.

**Before nightfall on Halloween**

A good meal prior to parties and trick or treating will discourage youngsters from filling up on Halloween treats.

Consider fire safety when decorating. Do not overload electrical outlets with holiday lighting or special effects.

Always keep Jack O' Lanterns and hot electric lamps away from drapes, decorations, flammable materials or areas where children will be standing or walking.

Plan and review with children the route and behavior which is acceptable. Agree on a specific time when revelers must return home.

Along with flashlights for all, older children and escorts should wear a wristwatch and carry coins for non-emergency phone calls.

Confine, segregate or otherwise prepare household pets for an

evening of frightful sights and sounds. Be sure that all pets are wearing collars and proper identification tags. Consult a veterinarian for further advice.

Remind those who must drive to remain cautious and drive slowly throughout the community.

Adult partygoers should establish a designated driver.

**When trick or treating**

A parent or responsible adult should always accompany young children on their neighborhood rounds.

**Remind trick or treaters**

By using a flashlight, they can see and be seen by others. Stay in a group and communicate where they will be going. Only go to homes with lit porches.

Remain on well-lit streets and always use the sidewalk. If no sidewalk is available, walk at the farthest edge of the roadway facing traffic.

Never cut across yards or use alleys. Never enter a stranger's home or car for a treat.

Obey all traffic and pedestrian regulations.

Always walk. Never run across a street.

Only cross the street as a group in established crosswalks (as recognized by local custom).

Remove any mask or item that will limit eyesight before crossing a street, driveway or alley.

Don't assume the right of way. Motorists may have trouble seeing trick or treaters. Just because one car stops, doesn't mean others will.

Never consume food items or drinks that may be offered.

No treats are to be eaten until they are thoroughly checked by an adult at home.

Law enforcement authorities should be notified immediately of any suspicious or unlawful activity.

**After trick or treating**

Wait until children are home to sort and check treats. Though tampering is rare, a responsible adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.

Try to apportion treats for the days following Halloween. Although sharing is encouraged, make sure items that can cause choking (such as hard candies), are given only to those of an appropriate age.





*Your health is KUSAHC's goal*



## Registering newborns, adoptees, pre-adoptees in DEERS

OSD

It's important to register newborns and adoptees in DEERS to establish TRICARE eligibility for essential well-baby and pediatric health care. By registering newborns or adopted children in DEERS, potential claims problems may be avoided.

**Initial coverage**

As long as another family member is enrolled in Prime, TRICARE Prime covers newborns for 60 days beginning from the date of birth; adopted children for 60 days beginning from the effective date of the actual adoption; and pre-adoptive children for 60 days beginning on the date of placement of the court or approved adoption agency.

To continue Prime coverage past the first 60 days, newborns or adoptees must be enrolled in either TRICARE Prime or TRICARE Prime Remote for Active Duty Family Members (TPRADFM) within the 60 day window.

On the 61st day and after, if the child isn't enrolled in Prime or TPRADFM, TRICARE processes all future claims under Standard (higher costs) until he/she is enrolled in Prime or TPRADFM. The child loses all TRICARE eligibility 365 days after birth or adoption unless they are registered in DEERS.

**Establishing eligibility**

To establish a newly-born, adopted or pre-adoptive child's TRICARE eligibility in DEERS, the following must be submitted to the

service personnel office:

- A certified birth certificate or certificate of live birth (authenticated by the attending physician or other responsible person from a U.S. hospital or military treatment facility);
- A record of adoption or a letter of placement of the child into the home by a recognized placement/adoption agency or the court in anticipation of the final adoption; and
- A copy of the DD Form 1172 (signed by the sponsor). If a sponsor can't sign the DD Form 1172, then a family member must submit a notarized copy of the form for enrollment.

It's important for parents to apply for their child's social security number by visiting the Social Security Administration Web site,

<http://www.ssa.gov> or by calling 800-772-1213.

Once parents have received their child's social security number, they should go to their nearest identification (ID) card-issuing facility to update his/her DEERS information.

For more information on newborn or adoptee DEERS registration, contact or visit the nearest military personnel office, uniformed service ID card-issuing facility, or call the Defense Manpower Data Center Support Office telephone center at 1-800-538-9552. A list of ID card facilities is available at <http://www.dmdc.osd.mil/rsl/owa/home>

DEERS eligibility information is also available on the TRICARE Web site, <http://www.tricare.osd.mil/deers/default.cfm>

## Maintaining dental insurance encouraged when moving to Korea

Korea Theater Dental Command

The Korea Theater Dental Command strongly encourages service members to keep their TRICARE Dental Insurance.

The mission of the Army Dental Clinics in Korea is primarily Soldier dental readiness and wellness.

Care to other than active duty (family members and other patient categories of lawful beneficiaries) is space available at outside the continental U.S. Dental Treatment Facilities (dental clinics) according to Army Regulation 40-3.

Dependent on mission requirements, other than active duty access to space available dental care can vary by both time and location.

The TRICARE Dental Program gives service members a safety net for their family while

they are stationed overseas. Whether at their new duty station in Korea or while their family is traveling, it ensures dental coverage in both elective and emergency situations.

For more information visit <http://www.seoul.amedd.army.mil/>, click on 618th Dental

Co and click again on TRICARE Dental or call 011-82-2-7916-5051 (international call), TRICARE [Dental] Overseas Program patient contact representative, available 8 a.m. to 4 p.m., Monday thru

Friday.

Note: Before dialing the phone number from the Continental United States, take into account the time difference between CONUS and Korea. Seoul, Korea is 13 hours ahead of Eastern Standard Time.



Photo by BEN BUNGER, USACHPPM  
Ergonomist John Pentikis measures to determine the distance from this employee's eyes to her computer monitor. If a monitor is too close, it may indicate a person has a vision problem. Monitors that are too far away may lead to posture problems when a person leans forward in order to see clearly.

## Learning to work smarter through ergonomics

Story by  
**LT. COL. MYRNA CALLISON**  
USACHPPM

Most people spend 40 or more hours a week at work. But just how safely and effectively is the job getting done?

Ergonomics is the study of how the workplace, tools and equipment can best be designed for safety, efficiency, productivity and comfort.

To learn more about how important ergonomics is to the workday, visit the U.S. Army Center for Health Promotion and Preventive Medicine's Ergonomics Program Open House in building E-1570 between 10 a.m. and 2 p.m., Oct. 25.

Stop by for ergonomic demonstrations, information, light refreshments, giveaways and door prizes in honor of National Ergonomics Month.

Pick up free fact sheets, learn the proper way to lift something, see how an office should be set up, be grip tested, find out how hand tools can truly lend a hand, and see what all the fuss is about regarding children's backpacks.

Attendees will learn some things that will be surprising, and be surprised how ergonomics can make a 40-hour workweek much more comfortable.

For information, call Nancy Cammarota, 410-436-3928.

## LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Ronda McKinney, 410-278-8988, or e-mail [rondamckinney@usag.apg.army.mil](mailto:rondamckinney@usag.apg.army.mil).

**Employees eligible for donations in the Voluntary Leave Transfer Program**

James Addas	Shirley Gross	Sandra Miller
Sarah Blevins	Cathleen Holmes	Mary Pettitway
Debra Bonsall (daughter has brain tumor)	Hester Hayes	DeAnna Sampson
Janet Cannedy	Rick Jernigan	Barbara Seker
Leroy Carter	Carolyn Johnson	Joan Taeuber
Rogelio Chevannes	Beverly King (caring for husband)	Alison Tichenor
Shelia Davison (benign paroxysmal positional vertigo)	Lydia Langley	Christine Wheaton
Marc Devecchio	Louis McCarter	Louis Winters
Susan Gorhan	William B. McLean (kidney failure)	Charles Young



# Exhibit

From front page

The Soldiers “encounter inhu-  
mane” actions overseas and “have to  
protect themselves and our country,”  
Wright said.

In addition, Wright said it is hard  
for those who are home to raise the  
children because they have to take on  
both roles of the parents.

Wright introduced Ferrato as an  
educational icon in the field of  
domestic violence.

Ferrato was inspired to speak out  
about domestic violence years ago  
when she went on an assignment to  
photograph a couple who were sup-  
posed to be deeply in love. To  
Ferrato’s surprise, she saw the man  
hit his wife.

“I tried to stop him,” Ferrato said.  
“But he said ‘This is my wife. I’m  
trying to teach her a lesson.’”

The man also told Ferrato to stay  
out of it and that he knew “his own  
strength.”

She felt so bad about the experi-  
ence that she did not get the film  
developed until three months later.

“I was in a state of denial,” Ferrato  
said.

Later, when she called the couple  
to find out how they were doing, she  
received another shock.

According to Ferrato, it turned out  
that the couple was using cocaine and

she decided to develop the pictures.

She talked about how she felt  
about bringing the exhibit to the  
proving ground.

“I feel proud and thankful that I  
can bring this message of domestic  
violence [to APG],” Ferrato said.

She explained how she was  
inspired to take photos of abused  
women from that first experience,  
and then talked about the story  
behind each photo in the exhibit.

One of the photos was of a woman  
whose abuser ran her over with his  
truck. Ferrato took a picture of the  
woman holding up a mirror to her  
face. Dismissing the damage to her  
face, the woman said, “Well, I guess I  
don’t look too bad.”

Another pair of photos showed an  
abuser yelling at a police officer and  
in the next photo the same man was  
crying because “he didn’t want to go  
to jail,” Ferrato said.

She informed the audience that the  
photos were not staged. She actually  
spent hours riding in police cars and  
going into victims’ homes to docu-  
ment everything that happened.

She said that all of the photos she  
takes have signed releases and that  
she doesn’t need releases for those  
who are being arrested.

Ferrato showed the audience a  
film about the effects of domestic  
violence on children that she is in the  
process of working on. The film  
included a short clip about a woman,  
Vikki, whose mother was abused.



Photo courtesy of DONNA FERRATO  
Mike Farlow, APG Community policing officer, takes a look at Donna Ferrato’s domes-  
tic violence photos at the Living with the Enemy” exhibit on Oct. 3.

the husband told Ferrato his wife was  
committed to a detox center.

Ferrato said the cocaine “was  
largely brought in by the husband”  
instead of the wife.

After Ferrato heard the news, she  
visited the woman at the hospital and  
saw that she had a fresh black eye.

The woman told her that she had  
fallen down and blamed herself for it,  
Ferrato said.

Ferrato said it was at that point that  
a “light bulb came on” in her head and

Ferrato met her during a visit to a  
shelter when she was just a child  
seeking refuge.

The woman wrote to her years  
later, angry that Ferrato had inter-  
viewed the mother and not her.

In the film, Vikki’s 7-year-old  
daughter, Cassie, translates what her  
mother is saying because Vikki is deaf.

Vikki said she was afraid of get-  
ting into another relationship because  
she had been in a few abusive ones  
and had been abused as a child.



Photo courtesy of DONNA FERRATO, DOMESTIC ABUSE AWARENESS INC. (NYC) FROM THE BOOK

“LIVING WITH THE ENEMY” (Aperture)  
This is an example of Donna Ferrato’s work which was displayed at Army Community Service Family Advocacy Program’s “Living  
with the Enemy” exhibit on Oct. 3.

Rosana Rodriguez, another  
domestic violence awareness advo-  
cate, also shared a story with the  
audience.

Rodriguez participated in New  
York City’s Annual Brides’ March, an  
annual event held in honor of Gladys  
Ricart. Ricart was a woman who was  
murdered by an abuser in 1999 on her  
wedding day. Women dress up as  
brides to remember her.

Rodriguez also discussed the topic  
of verbal abuse and how abuse can  
isolate a victim from their family and  
friends.

At the end of the presentation,  
Wright presented a Commander’s  
Coin to Ferrato stating that her visit  
to APG is important for increasing  
awareness not only around the coun-  
try but on military installations as  
well.

Garrison Command Sgt. Maj.  
Elvis Irby described the overall  
exhibit as a “life changing event.”

“I learned that every 15 seconds a  
woman gets assaulted,” Irby said.  
“That’s one heck of a statistic. Some  
people think that it won’t happen to  
them,” he said. “But it may happen to  
their friends or family.”

He said that he thought verbal  
abuse “could be just as bad” as  
domestic abuse.

Attendee Diana Hayes, ACS  
Parents and Children Together coor-  
dinator, said it was “sad to see all of  
the people” who were abused.

“You hear about [domestic vio-  
lence] but you usually don’t actually  
see it,” Hayes said.

Ardella Jackson with the Directorate  
of Installation Operations had another  
perspective about the exhibit.



Photo courtesy of DONNA FERRATO, DOMESTIC ABUSE AWARENESS INC. (NYC)  
FROM THE BOOK “LIVING WITH THE ENEMY” (Aperture)

Statistics show that a woman gets abused every 15 seconds.

Jackson said she was glad that  
Ferrato included children in the pictures.

“A lot of people think it’s just  
women who get abused but children  
get abused too,” Jackson said.

The ACS Family Advocacy  
Program hosted the exhibit as part of  
Domestic Violence Awareness Month  
activities.

“We wanted to create community  
awareness of this epidemic [and] to  
get the community involved in the  
fight against domestic violence,” said  
Family Advocacy Program Manager  
Aida Rivera.

In addition, Rivera said the goal of  
holding the exhibit was “to let men,  
women and children who are affected  
by it know that they are not alone and  
that help is available even in a mili-  
tary setting.”

According to Rivera, “photos  
speak volumes” and Ferrato’s photos

“tell a haunting tale that can’t be  
ignored.”

“They paint a stark picture of what  
domestic violence is and what it can  
do,” Rivera said. “They send a very  
strong call to action.”

Because attendees shared positive  
feedback with the ACS staff, ACS  
plans to hold a support group for  
domestic violence victims on the  
proving ground.

Although Ferrato is against domes-  
tic violence, she said that she is not  
“against violence for self defense.”

She also said she is “not against  
men” or a “man hater.”

Her goal is to increase awareness  
about domestic violence so that she  
can make a difference in decreasing  
the number of people who live in fear  
of a parent, lover or spouse.

“I don’t see the home as a battle-  
field,” Ferrato said.



Photo courtesy of DONNA FERRATO, DOMESTIC ABUSE AWARENESS INC. (NYC) FROM THE BOOK

“LIVING WITH THE ENEMY” (Aperture)  
This is an example of how children can act out after seeing their mothers or fathers getting abused. Ferrato discussed other effects on  
children of abused parents at the exhibit.

# USAMRICD

From front page

of Chemistry, The Ohio State University.

“Nerve agents, such as sarin, are among the  
most lethal chemical weapons ever developed,”  
said Dr. David Moore, director of Strategic  
Research Program Development at the USAM-  
RICD. “They have been used in wars as recent-  
ly as the 1980s and by terrorist organizations  
such as in the subway attacks in Japan in the  
mid-1990s.

“The possibility of future use of these nerve  
agents by terrorists requires the urgent develop-  
ment of effective and safe antidotes. A pretreat-  
ment (or prophylactic) effective against a broad  
spectrum of nerve agents capable of reducing  
the concentration of nerve agent in the blood  
before it can reach its site of action should be  
particularly effective as an antidote. Likewise, a  
very rapid onset therapy that could specifically

reduce the concentration of the nerve agent poi-  
son in circulation would be more advantageous  
than the currently available therapeutic drugs,”  
Moore said.

The concept of designing a safe and effective  
nerve agent bioscavenger addresses the strate-  
gic need for improved preventative and thera-  
peutic drugs.

The center will provide for a comprehensive  
collection of scientific and technological capa-  
bilities needed to address this novel drug dis-  
covery and drug production challenge. The cen-  
ter will align collaborative research efforts  
between the USAMRICD and five other  
research groups. The USAMRICD is responsi-  
ble for the overall administration of the center  
and the management of the \$14.4 million award  
over five years.

“The work of this new center will lead to a  
paradigm shift in how to treat nerve agent expo-  
sure and will lead to therapeutics with less toxic  
potential and reduced immunogenicity,” Lenz  
said.

# CFC

From front page

Sisters. Michelle smiled a  
huge smile, and after the cer-  
emony was over, ran up to  
her Big and hugged her. Her  
Big brought her flowers and  
a card, and they ate cake  
together at the reception.  
What a great memory for  
Michelle!

“Daren” had been sus-  
pended from school several  
times for fighting with other  
students. One week, he  
missed his in-school mentor-  
ing session with his Big  
Brother because he got sus-

pending for fighting. The next  
week, when the Big and  
Darren (the Little) saw each  
other again, the Big had a  
long talk with his Little about  
how not to get in fights, and  
told him that it took a  
stronger man to avoid a fight  
than to get into one. The fol-  
lowing week, the Little was  
very excited to meet with his  
Big.

“Someone tried to start a  
fight with me yesterday,” he  
said. “I told the kid that I’m a  
strong man, and a strong man  
can walk away from a fight.  
And then I walked away.”  
That Little Brother went the  
rest of the school year with  
no other suspensions.

These are two out of hun-

dreds of stories that the Big  
Brothers Big Sisters staff and  
volunteers see every day  
while contributing to brighter  
futures, better schools and  
stronger communities.

For more information,  
contact Big Brothers Big  
Sisters at 410-243-4000 or  
visit the Web site **www.  
biglittle.org**.

Big Brothers, Big Sisters  
is Central Maryland  
Combined Federal Campaign  
2006’s charity number 8042.

For more information, or  
to make a contribution, con-  
tact a CFC key worker, visit  
the APG CFC Office in  
building 4302, or call 410-  
278-0197/0199 or TTY: 800-  
201-7165 ext. 410278-0198.

## Domestic Abuse Awareness Inc.

[http://www.domesticabuseaware.org/a-  
bout\\_fs.html](http://www.domesticabuseaware.org/about_fs.html)

Donna Ferrato founded  
Domestic Abuse Awareness Inc. in  
1992. She wanted to expose the  
damage of domestic violence and  
spread awareness of the issue  
through her photography. The non-  
profit organization is recognized  
internationally.

Ferrato’s photographs have been  
featured on television programs,  
magazines, movies, newspapers  
and public service announcements  
throughout the United States,  
Canada and Europe. In addition,  
more than 95 women’s shelters,  
government groups, medical  
groups and non-profit organiza-  
tions have exhibited DAA’s photo-  
graphs to raise awareness and  
funds.

Traveling exhibitions such as  
“Living with the Enemy” are  
another way that DAA helps to

raise awareness.

For a list of where to get help for  
a domestic violence victim, visit  
DAA’s site, **http://www .domesti-  
cabuseaware.org/help\_fs.html** or  
call DAA at 212-226-8901.

Contact Ferrato on Myspace,  
**http://www.myspace.com/donna-  
ferrato** or go to **www.donnaferra-  
to.org**.

### Other works by Donna Ferrato

- “Living with the Enemy”
- “Honeymoon Killers”
- “The Future of Children: Domestic Violence and Children”
- “Family Violence-Emergency Programs”

Ferrato has also done work for  
Life, Fortune and The New York  
Times Magazine.

For more information on  
domestic violence or Ferrato, visit  
DAA’s Web site.